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Pacific Valley Bluff Trail

Coastal Hiking Map

The best trails, beaches, activities,
and historic sites on the coast.

RAGGED POINT

Black Swift Falls Trail*Highway 1
Discovery Route*

SAN SIMEON

CAMBRIA

Fiscalini Ranch
Preserve Bluff TrailHarmony Headlands
State Park TrailAudubon Sweet Springs
Nature Preserve TrailsMontaña De Oro State Park
& Hazard Canyon Reef Hike

CAYUCOS

LOS OSOS &
BAYWOOD PARK

AVILA BEACH

Pecho Coast Trail to
Lighthouse HikeGuadalupe-Nipomo
Dunes

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San Francisco

San Luis Obispo
County (SLO CAL)

Los Angeles

Over 40 hikes along the
Highway 1 Discovery Route can be found at
www.H1DR.com/hikes

6 miles

VISIT...

LANZAROTE
Caliente.COM

BEST OCEAN TRAILS & WILDLIFE VIEWING

- ① **PACIFIC VALLEY BLUFF TRAIL:** This trail offers great bird watching, unparalleled ocean views and fields of wildflowers. 🦋
- ② **BLACK SWIFT FALLS TRAIL:** Steep cliffs, breathtaking panoramas, black sands and a seasonal waterfall mark this Ragged Point hike. 🦋 🐾
- ③ **FISCALINI RANCH PRESERVE BLUFF TRAIL:** Seventeen trails greet pedestrians, horseback riders, and cyclists at this oceanfront preserve. 🦋 🐾
- ④ **HARMONY HEADLANDS STATE PARK TRAIL:** Find a sweet and easy four-mile round-trip trail to the beach through soft coastal bluffs covered in grasses and seasonal wildflowers. 🦋
- ⑤ **AUDUBON SWEET SPRINGS NATURE PRESERVE TRAILS:** A spot for birdwatchers, this 24-acre preserve offers walking trails and excellent views of Morro Rock. 🦋
- ⑥ **MONTAÑA DE ORO STATE PARK & HAZARD CANYON REEF:** Cross a fragrant eucalyptus forest and enter the mouth of a canyon to discover the rocky beach at Hazard Canyon Reef. 🦋
- ⑦ **PECHO COAST TRAIL TO LIGHTHOUSE HIKE:** Hike 3.75 miles round-trip with a local historian and natural history buff, ending at the historic Point San Luis Lighthouse. 🦋
- ⑧ **GUADALUPE-NIPOMO DUNES:** Walk on trails and a boardwalk near a beautiful lake, grasslands, coastal brush, and a wide beach with rolling dunes on this diverse 5.2-mile out-and-back hike. 🦋

BEST BEACHES FOR SOLO, FAMILY, & DOGS*

- ⑨ **W.R. HEARST MEMORIAL STATE BEACH:** This protected cove is perfect for playing in the sand, walking the pier, fishing, swimming or kayaking. 🐾
- ⑩ **MOONSTONE BEACH:** Find smooth “moonstones” on one of the best beaches in California for beachcombing and driftwood.
- ⑪ **ESTERO BLUFFS STATE PARK BEACH & CAYUCOS SHIPWRECK:** Find bluff trails, pocket beaches, tidepools, and birdwatching here, plus a shipwrecked fishing boat. To see the shipwreck, take the southern Estero Bluffs State Park entrance to the parking lot at the corner of North Ocean Ave. and Highway 1.
- ⑫ **CAYUCOS STATE BEACH:** Expanses of beach are perfect for walking, sunbathing and playing, with waters ideal for swimming, kayaking and surfing. Dogs can run off leash in some areas. 🐾
- ⑬ **MORRO BAY STRAND STATE BEACH:** Let your four-legged friend play while you fish, surf, or look for sea glass, wildflowers, tidepools and seabirds. 🐾
- ⑭ **SPOONER'S COVE – MONTAÑA DE ORO STATE PARK:** Tucked back from shore, with azure waters protected from big swells, this cove is ideal for wading and birdwatching. 🐾
- ⑮ **AVILA BEACH:** A perfect paradise along the six miles of Avila Bay's protected family-friendly beach. 🐾
- ⑯ **PISMO STATE BEACH:** This state beach is the only one in California where vehicles are permitted to drive on specified areas of the sand and dunes. 🐾

BEST WILDLIFE VIEWING & INSPIRING VIEWS

- ⑰ **ELEPHANT SEAL ROOKERY:** The Piedras Blancas Elephant Seal Rookery lets visitors see elephant seals up close and in their element with trained local docents to answer questions.
- ⑱ **PISMO BEACH MONARCH BUTTERFLY GROVE:** The Pismo Beach Monarch Butterfly Grove sees thousands of butterflies annually and is one of the largest Monarch butterfly colonies in North America.
- ⑲ **SEA OTTER SPOTTING AT MORRO ROCK:** In Morro Bay, watch as sea otters play, hunt, and raise their young in protected waters.
- 🦋 **SIX WHALE TRAIL VIEWING SITES:** Find six whale watching sites with fun and educational interpretive signs and awesome views.

BEST SITES FOR STEWARDSHIP TRAVELERS

- ⑳ **PIEDRAS BLANCAS LIGHT STATION:** Tour this majestic lighthouse, a monument to maritime days gone by, located between San Simeon and Ragged Point.
- ㉑ **POINT SAN LUIS LIGHTHOUSE:** Reserve an educational tour of this light station which opened in 1890 and still stands today with unparalleled views.
- ㉒ **DISCOVERY CENTER SAN SIMEON BAY:** Located on the emerald San Simeon Bay, this educational center offers fun, interactive exhibits about the land and sea.
- ㉓ **MORRO BAY STATE PARK MUSEUM OF NATURAL HISTORY:** This museum overlooks the dynamic Morro Bay Estuary, with 26 live and interactive science-based exhibits designed to delight and educate.
- ㉔ **KAYAK BACK IN TIME TO PORT SAN LUIS LIGHTHOUSE:** Paddle back in time with professional kayak guides to the 125-year-old restored Point San Luis Lighthouse in Avila Beach.
- ㉕ **SEAWEED FORAGING TOUR - ESTERO BLUFFS STATE PARK:** Discover secret spots for foraging edible seaweed, learn sustainable harvesting techniques, and try seaweed ramen prepared for you at the end of the tour.



Want to make a difference while on vacation?

Make your travel experience more meaningful with the [Stewardship Travel for Good](#) activities along Highway 1. Get involved, create unique memories, and make your vacation more fun. From beach cleanups, trail restoration, museums, and parks tours, your contributions make a difference.

*Check signage for dog hours and leash rules.